

**ONLINE HSCI 2302 COURSE CALENDAR\***

**Summer 2019**

Dates	Topics	Homework and Class Assignments
<p align="center"><b>WEEK 1</b> <u>June 10 – 16</u></p>	<p><b>Overview of the course</b> Review Syllabus Why Nutrition Matters? Nutrition Scientific Information Dietary Guidelines 2015 Nutrient Dense foods Food Labels</p>	<p><b>Blackboard</b> Readiness &amp; Syllabus Quiz Discussion Board: Introductions (20) &amp; Dietary Guidelines 2015 (50) Module 1 - Dietary Guidelines 2015 <b>Readings Ch. 1</b> – Food choices and Human Health &amp; <b>Ch. 2</b> – Nutrition Tools: Standards and Guidelines <b>Mind Tap Activities</b> Diet &amp; Wellness (D&amp;W) Create your profile Video Quiz: The scientific method (10) &amp; Reading a food Label (3) D&amp;W: Skill Building: Calories (10) &amp; Dietary Reference Intake (RDIs) (10) A Closer Look: Differences Among the Nutrition Standards and Guidelines and when to Use Them (22). Chapter 1 &amp; 2 : Nutrition Basic Quiz Debunk the Junk Quiz: Food Labels Global nutrition watch activity Extra credit: Debunk the Junk Quiz: CLAIM Method</p>
<p align="center"><b>WEEK 2</b> <u>June 17 – 23</u></p>	<p>Body Basics and Digestive System <b>Carbohydrates:</b> Structure, use, digestion and absorption</p>	<p><b>Reading Ch. 3</b> – The Remarkable Body &amp; <b>Ch. 4</b> – Carbohydrates: Sugar, Starch, Glycogen and Fiber <b>Mind Tap Activities</b> D&amp;W: Track your diet D&amp;W – Skill Building: Carbohydrates (10), Fiber (10) D&amp;W - Concepts in action: Analyze carbohydrate intake Video quiz: Circulation (3) &amp; Blood and Glucose Regulation (3) Case Study: Too much of a good thing (8) &amp; The Glucose Rollercoaster (8) Chapter 3 &amp; 4: Nutrition Basic Quiz Global nutrition watch activity Extra Credit: Debunk the Junk Quiz: The Potato Hack <b>Blackboard</b> <u>Exam 1: Chapters 1, 2 &amp; 3 – Available June 21 &amp; 22</u></p>
<p align="center"><b>WEEK 3</b> <u>June 24 – 30</u></p>	<p><b>Lipids:</b> Classification, storage, use, digestion and absorption <b>Proteins:</b> Structure, Digestion and absorption. Protein type, needs, deficiency and excess</p>	<p><b>Reading Ch. 5</b> – Lipids: Fats, phospholipids and sterols &amp; <b>Ch. 6</b> – Proteins and Amino acids <b>Mind Tap Activities</b> D&amp;W: Track your diet D&amp;W – Skill Building: Saturated fats (10) &amp; Protein (10) Video quiz: Lipoproteins (3) &amp; Protein Synthesis (3) Case Study: The importance of Fat in our diet (8) &amp; Making Meatless Work Chapter 5 &amp; 6: Nutrition Basic Quiz Global nutrition watch activity Extra Credit: Debunk the Junk Quiz: Protein Needs <b>Blackboard</b> <u>Exam 2: Chapters 4, 5 &amp; 6 – Available June 28 &amp; 29</u></p>
<p align="center"><b>WEEK 4</b> <u>July 1<sup>st</sup> – 7<sup>th</sup></u> ** July 4<sup>th</sup>** University Closed</p>	<p><b>Vitamins:</b> Definition and classification. Fat soluble and water soluble Vitamin Supplements <b>Water and Minerals</b> – Major and Trace minerals</p>	<p><b>Reading Ch. 7</b> – The Vitamins &amp; <b>Ch. 8</b> – Water and Minerals <b>Mind Tap Activities</b> D&amp;W – Skill Building: Vitamin C &amp; DASH Diet D&amp;W: Track your diet Video Quiz: Vitamin A &amp; Iron Case Study: Watching the Salt Chapter 7 &amp; 8: Nutrition Basic Quiz Global nutrition watch activity Extra Credit: Debunk the Junk Quiz: Supplements <b>Blackboard</b> Vitamins and Minerals Crossword Puzzles <u>Exam 3: Chapter 7 &amp; 8 – Available July 5 &amp; 6</u></p>

<p><b>WEEK 5</b> <u>July 8 – 14</u></p>	<p>Energy Balance &amp; body weight. Body fat vs. body weight Body energy balance and requirements. EER Calculation Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity</p>	<p><b>Reading Ch. 9</b> – Energy balance and Healthy Body Weight &amp; <b>Ch. 10</b> – Performance Nutrition <b>Mind Tap Activities</b> D&amp;W Skill Building: Bariatric Surgery (10) &amp; Physical Activity (10) D&amp;W: Track your diet Video Quiz: Estimating Energy Needs Based using the EER Equation (3) &amp; ATP Overview (3) A closer look: Health consequences of excess body fat (22) Chapter 7 &amp; 8: Nutrition Basic Quiz Global Nutrition Watch Activity Extra Credit: Debunk the Junk Quiz: What makes a Fad Diet?</p>
<p><b>WEEK 6</b> <u>July 15 – 21</u></p>	<p>Nutrition and disease: the immune system, risk factors and CVD disease, hypertension and cancer Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition</p>	<p><b>Reading Ch. 11</b> – Nutrition and Chronic Diseases &amp; <b>Ch. 13</b> – Lifecycle Nutrition: Mother and Infant <b>Mind Tap Activities</b> D&amp;W Skill Building: Diabetes exchanges(10) &amp; Pregnancy (10) Video Quiz: Antioxidants (3) &amp; The Placenta (3) A closer look: The Role of Nutrition in Disease, specifically Heart Disease (22) Chapter 11 &amp; 13: Nutrition Basic Quiz Global Nutrition Watch Activity <b>Blackboard</b> <b>Dietary Analysis (DA)</b> Due on BB – Sunday July 21<sup>st</sup> at midnight on blackboard. Dietary analysis MUST be submitted on Blackboard; assignments submitted via email will not be accepted. <u>Exam 4: Chapters 9, 10 &amp; 11 – Available July 19 &amp; 20</u></p>
<p><b>WEEK 7</b> <u>July 22 – 28</u></p>	<p>Early and middle childhood. Nutrition, adolescence, and later years.</p>	<p><b>Reading Ch. 14</b> – Child, Teen, and Older adult <b>Mind Tap Activities</b> Debunk the Junk Quiz: Too Much Sugar? (8) Video Quiz: Nutrition and the Aging Population (3) A Closer look: Common Nutritional and Environmental Effects on Human Growth (22) Case Study: Passing on Nutrition wisdom (8) Chapter 14: Nutrition Basic Quiz Reading on Mindful eating and optimum nutrition Global nutrition watch activity Extra Credit: Debunk the Junk Quiz: Healthy Choices for Kids</p>
<p><b>WEEK 8</b> <u>July 29 – August 2<sup>nd</sup></u></p>	<p>U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help? Food Safety &amp; Technology Mindful eating and Optimum Nutrition</p>	<p><b>Reading Ch. 12</b> – Food Safety &amp; Food Technology &amp; <b>Ch. 15</b> – Hunger and the future of food <b>Mind Tap Activities</b> D&amp;W Skill Building: World Hunger (10) Video Quiz: Comparing Selective Breeding and rDNA Technology (3) &amp; Case Study: Food Safety (8) Chapter 12 &amp; 15: Nutrition Basic Quiz Global nutrition watch activity Extra Credit: Debunk the Junk Quiz: Technology and Food Waste <b>Blackboard</b> <u>Exam 5: Chapters 12, 13, 14 &amp; 15 Available August 1<sup>st</sup> &amp; 2<sup>nd</sup></u></p>
<p><b>Final Exams</b></p>	<p><b>August 6<sup>th</sup> – Final exam on Blackboard</b></p>	

\* Note: The course syllabus is a general tentative plan for the course. The instructor will announce any changes to the class in advance.

The University of Texas at El Paso – Academic Calendar Summer 2019 (Important Dates)

<b>June 10<sup>th</sup></b>	Summer Full Term Classes Begin
<b>June 17<sup>th</sup></b>	Summer Full Term Census Day; Last Day to Register for Summer Full Term; Summer Full Term Payment Deadline
<b>July 4<sup>th</sup></b>	Independence Day Holiday – University Closed
<b>July 12<sup>th</sup></b>	Summer Full Term Drop/Withdrawal Deadline  Note: Student-initiated drops are permitted after this date, but the student is not guaranteed a grade of W. The faculty member of record will issue a grade of either W or F.
<b>Aug 2<sup>nd</sup></b>	Summer Full Term – Last day of classes
<b>Aug 5-6<sup>th</sup></b>	Summer Full Term Final Exams
<b>Aug 8<sup>th</sup></b>	Grades are Due
<b>Aug 9<sup>th</sup></b>	Grades are posted to student records; students are notified of grades and academic standing